

Boost your Brain Health

Everyone can maximize their brain health. Living as active a life as you can is your best bet for staying sharp.



- ❖ **Walk and talk** with a walking buddy. Study a topic and discuss it on your walks.
- ❖ **Vary your routine.** Join a new club. Shop at a different store. Novelty stimulates new neural connections.
- ❖ **Get smart.** Be a lifelong learner.
- ❖ **Play!** Pick different games to master.
- ❖ **De-stress.** Meditation, yoga, a walk in the woods: focus your mind and relax.
- ❖ **Sleep.** Your brain is active when you are asleep...it is consolidating memories from the day. Skip the late show and let your mind work.
- ❖ **Imagine.** Include creativity in your day. Paint, write a short story, reminisce or write in your diary.
- ❖ **Party.** Socialize and make new friends. Don't be a loner...it can lull your brain into slowdown mode.
- ❖ **Eat right.** A diet rich in fruits and veggies, whole grains and fish will help keep oxygen flowing to the brain.
- ❖ **Watch your numbers:** Work with your health professional to keep blood pressure, weight, blood sugar and cholesterol in check.

Submitted by Linda Watson, Aging Services

(Taken from an article by P. Murali Doraiswamy, M.D., chief of biological studies at Duke University Medical Center)
